



# Welcome to **KIDS IN MOTION**

Dear Members,

It is our ongoing goal to offer your child(ren) exemplary care when visiting Kids In Motion. Our facility is unlike any other childcare gym and we feel the quality of care and the level of services we offer exceeds the expected “norm.” We are proud of our Kids In Motion; we are sure you feel the same way.

We would like to take this opportunity to share a few guidelines and some information with you. We trust you’ll find the following helpful:

## Availability

- ❖ Our busiest times are 9:00 am to 11:30 am and 4 pm to 6:30 pm.
- ❖ Three (3) hours is the maximum time you may leave each child with us. Please allow yourself time to change and shower within this three (3) hour time frame.
- ❖ If the child is on your membership, the first two hours are included (free). The third hour is \$4.00. If your child is not on the membership, there will be a fee of \$5.00 per hour, per child of childcare. There is no 3<sup>rd</sup> hour option.
- ❖ Our ratios are as follows;
  - 12 children per each attendant- Over the age of 2 years
  - 6 toddlers per attendant- 12 mos-23mos
  - 4 infants per attendant- 6 weeks-11mos

## Hiring & Retaining Quality Employees

In today’s competitive work force, we have faced many challenges hiring and retaining qualified staff to work in Kids In Motion. We only hire staff who are first aid and CPR certified. The Kids In Motion staff are not trained to work with children with special needs.

Thank you for your continuous support in our ongoing efforts to provide you with exceptional service. If you have any questions or comments, you can use our comment/suggestion section located on our website or please speak with our Kids In Motion Director.



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## **Guidelines**

It is our policy to provide a safe, stimulating and fun environment for your children.

### **Kids In Motion Hours:**

Mon. – Fri. 8:00 am – 8:00 pm

Sat. & Sun. 9:00 am – 2:00 pm

### **Costs:**

Two (2) hours per day per child is FREE with a family membership or three (3) hours (maximum) with a child membership. Single or double memberships (or guests) will be charged \$5.00 per child, per hour for a two (2) hour maximum service. Non-member money is due prior to leaving your child(ren) from Kids In Motion.

### **Ages:**

Infants: six weeks to 12 months.

Toddlers: 13 months to 23 months.

Children: 2 to 13 years.

### **First Day:**

On your first visit, please give your completed and signed Agreement Form, Health Guidelines and Minor Consent Form (which you will have received from the sales representative) to our KIM front desk.

### **Sick Policy:**

If your child's mucus is not clear, please don't bring your child to Kids In Motion. We request that you keep your child home for at least two (2) days after starting antibiotics to ensure that no other children or staff members are infected. We reserve the right to ask you to take your child home.

### **Diapering/Feedings:**

Please make sure your children are fed and changed before checking them into Kids In Motion. Parents will be asked to change their own child's diaper. If your child is potty training, please bring in an extra change of clothing and ask for a potty sticker from the front desk. You may bring in a snack for your child, especially if they will be in Kids In Motion for more than one hour. Please try to avoid messy foods. We have no restrictions on nuts or peanut butter but please be aware of a child with that specific allergy is in attendance the food will not be allowed to be consumed until the child with the allergy has left Kids in Motion. Please make sure that your child's belongings are labeled (bottle, lunch box, diaper bag, etc.). Parents are asked to carry their cell phone while working out and



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leave their cell number at the Kids In Motion check in counter; we will contact you should your child need a diaper change or breast feeding.

## **Security:**

If this is your first time in Kids In Motion, please ask for a name tag until our employees become familiar with you and your child. Attach one to the back of your child.

## **Supervision:**

Children are supervised at all times. For the enjoyment of the children, Kids In Motion has an assortment of books, games, toys and supervised projects. It is advised that no objects (other than security items) are brought from home. In Motion Fitness cannot be responsible for anything lost or stolen.

## **Discipline:**

In order to maintain safe group control, we occasionally ask children to take a “time out” from group activities. Should inappropriate behavior continue, we will locate the parent or guardian and ask him/her to remove the child from Kids In Motion. In the case where inappropriate behavior continues, the child will be required to leave Kids In Motion for a probation period. The Kids In Motion supervisors will decide on the length of the probationary period.

## **Upset Children:**

It is completely normal for a child to be nervous or anxious when in a new environment, especially for the children ages 12-23 months, we ask that you bring in your child, show them around their appropriate areas and say a quick, confident “Mommy or Daddy will see you soon”. When asked, a staff member will happily take your child by the hand and help guide them to an area of play. If your child is crying, inconsolably for 15-20 minutes we will call you. If a child is crying on and off but can self sooth or be soothed by staff we suggest waiting 45mins to 1 hour. Please let the staff know if there are any specific instructions you’d be more comfortable with.



## Frequently Asked Questions

**1. My child is new to this club; can I come in with him/her for a while?**

Yes. Anything to help your child with the transition. We want this to be an enjoyable experience for you and your child. Be aware that while a child may fuss when you start to leave, s/he is usually fine as soon as you are out of his/her eyesight. However, if we're unable to comfort your child, we will get you. Sometimes it just takes a little time. Parent of small children and infants are asked to carry a cell phone and leave their number with the KIM front desk. This makes it easier and faster for our attendants to find parents for diaper changes and breast feeding.

**2. Why can't I come in anytime I want?**

Kids In Motion has a ratio of twelve (12) children per attendant, six (6) toddlers per attendant and four (4) infants per attendant. For the safety of the children, we need to stay within these boundaries.

**3. Can I leave my child(ren) just to run a short errand?**

We are a short-term day care facility and law requires you to be on our premises while your child is in our care. In the event of an emergency, you must be readily available. So, unless it is for a special program (Kids Night Out or summer camps), parents/guardians must be on our premises at all times.

**4. Do you provide snacks?**

It is recommended that the parents bring a non-messy and healthy snack for their children just in case they do get hungry (and they always do!). Do not put any beverage or snack in glass containers. There may be children who are severely allergic to certain foods, if the case should arise and your child has one of these items for his/her snacks we will put the snack away until the child concerned has left the childcare area. We thank you in advance for this consideration.

**5. My child is allergic to certain foods; do you monitor what they eat?**

Yes we do! On the Minor Consent Form and Agreement Form, you should write in any medical conditions and allergies that apply. The allergy will be noted on your child's account with an alert each time they check in. Your child will be given a red allergy bracelet to wear while visiting the facility.

**6. Can you give my child Tylenol?**

We do not administer any medication or ointments. If the child is sick or needs these treatments, he/she needs to stay home.



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## **7. What is Kids' Night Out?**

It is a fantastic themed Kids Party that happens twice a month on a Friday from 6pm-9pm! Kids come dressed up according to the theme and play games, make crafts and have pizza—all at a great low price. Our staff plans each event to be a blast for your children so that you can go out and get a dinner and movie! Many parents take advantage of this awesome event so be sure to sign up early at Kids In Motion.

## **8. How much are Birthday parties?**

The package you choose will dictate the rate. Check out all that we have to offer on our website or ask the front desk for more information.

## **9. How old does my child have to be to use the exercise equipment unattended?**

At In Motion Fitness, we have a program known as Yo Fit!. Available to children aged seven (7) years and older, this program allows children to work out with their parents; however, they must first attend an orientation with their parents. Once the orientation is completed, the parent and child may work out together on the designated “Yo Fit!” equipment (found on the fitness floor) and attend various group exercise classes.

## **10. What type of exercise programs do you have for 3,5 and 7 year olds?**

Kids In Motion offer a variety of programs for all ages and these are continuously updated. Programs run Monday-Friday from 9:30am-11am.

## **11. Can my child bring in his/her favorite toy?**

Because a new toy is so attractive to other children, we find favorite toys often create problems. We respectfully request that you not bring them in order to ward off any jealous fights concerning the toy. We do not allow any hard objects, swords or guns.

## **12. Can my child bring in electronics?**

Yes, your child can bring electronics but we restrict the viewing and playing of the object to the only the child that brings it. We highly discourage the use of these devices in the facility and take no responsibility for lost or damaged items.



## **Agreement Form**

**Kids In Motion** will provide short-term childcare service to the undersigned member upon the following terms and conditions:

### **Section 1.**

Except during special programming (Kids' Night Out), parents and/or guardians must remain on the Club's premises while their child(ren) are in the Kids In Motion facility.

### **Section 2.**

Unless a membership specifies otherwise, members will be charged a fee of \$5.00 per child, per hour due prior to leaving the child in the care of Kids In Motion.

### **Section 3.**

Each child is limited to a three (3) hour maximum stay per day in the Kids In Motion facility.

### **Section 4.**

In Motion Fitness has the right to refuse Childcare to any child. Reasons for refusal might include, but are not limited to, health concerns, disruptive behavior or delinquency of a member's account. At the discretion of In Motion Fitness staff, In Motion Fitness may require that a member immediately remove his/her child from Kids In Motion. In the event of an emergency, every attempt will be made to contact a parent.

### **Section 5.**

Parents are expected to change their own child's diapers. Parents must leave their cell phone number with the KIM front desk and carry their cell phone while working out so that our staff can notify them should a diaper need changing.

### **Section 6.**

Kids In Motion staffs personnel in accordance to its reservations. Reservations can be made up to seven days in advance. Cancellations must be made no later than one hour prior to a scheduled reservation.

### **Section 7.**

Kids In Motion staff are trained and certified in CPR and First Aid. They are not trained to work with children with special needs.



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## **Section 8.**

It is expressly agreed that all use of the Kids In Motion facilities shall be undertaken by the member and his/her child(ren) at the member's risk, and that In Motion Fitness shall not be liable for any claim, demand, injury or damages whatsoever, without any limitation including those damages resulting from acts of active or passive negligence on the part of In Motion Fitness, its officers or agents. The member, for himself/herself and on the behalf of any child(ren) left at the Kids In Motion facility, and the member's children's executors, administrators, heirs, assigns and successors does hereby expressly forever release and discharge In Motion Fitness, its shareholders, officers, employees, agents, assigns and successors from all such claims, demands, injuries, damages, actions or cause of action.

## **Section 9.**

In Motion Fitness shall not be responsible or held liable for any articles damaged, lost or stolen as a result of the use of the Kids In Motion facility.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Member's Signature

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Child's Date of Birth

\_\_\_\_\_  
Child's Date of Birth



Any Known Allergies \_\_\_\_\_

Date \_\_\_\_\_

## Minor Consent Form

Parent's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\_\_\_\_\_ Cell Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Doctor's Phone Number: \_\_\_\_\_

Closest Family Relative Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Work Phone Number: \_\_\_\_\_

**Minor's Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Age:** \_\_\_\_\_

Allergies/Medical Disorders: \_\_\_\_\_

**Minor's Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Age:** \_\_\_\_\_

Allergies/Medical Disorders: \_\_\_\_\_

**Minor's Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Age:** \_\_\_\_\_

Allergies/Medical Disorders: \_\_\_\_\_

### Medical Release:

As the parent, agency representative, or legal guardian, I hereby give consent to In Motion Fitness to provide emergency medical or dental prescribed by a duly licensed physician (MD) or dentist (DDS) for the above named minors. This care may be given under whatever conditions are necessary to preserve life, limb, or well being of my dependant (s).

I (We) the undersigned understand In Motion Fitness' policy and supervision requirements regarding children under the age of 18 years as stated in the Club rules, policies and guidelines. By signing an In Motion Fitness minor consent form, I realize that I am responsible for the financial obligation of the above named child (ren) while the child (ren) are in the Club or on a Kids In Motion field trip. Should disciplinary action cause temporary expulsion or suspension of Club privileges, I am still responsible for monthly financial obligation.

### Waiver of Claims:

The use of IMF's equipment and facilities may be hazardous and could result in personal injury, accidents or death. Facilities may have wet surfaces and if members and/or guests do not use caution, a slip or fall could result. The member expressly agrees that all use of IMF facilities, exercise equipment and any transportation provided by IMF is undertaken by the member or member's guest at his/her sole risk. The member further agrees that IMF is not liable for any injuries or damages to any member or guest or the property of any member or guest. The member agrees that IMF is not subject to any claim, demand, injury or damages whatsoever, including, without limitation, those damages resulting from acts of active or passive negligence on the part of IMF, it's owner, officers, agents or employees. The member for himself/herself and on behalf of his/her heirs, assigns and successors, does hereby expressly forever release and discharge IMF, it's owner, officers, agents, or employees, assignees, and successors from all such claims, injuries or damages, actions or cause of action. The member agrees that IMF is not responsible or liable to member's or their guests for articles damaged, lost or stolen in or about IMF, or in lockers, or for loss or damage to any property including, but not limited to, automobiles and the contents thereof.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date





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Signature

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Date

## Health Guidelines

Health issues are a concern for everyone. Kids In Motion relies on each family's thoughtful assessment of his/her child's health. In order to assist you, we have provided the following helpful guidelines:

- If a child has been sick, s/he should remain home until s/he is able to participate in a normal day, including outdoor play.
- Children are required to stay home for a 24-hour period after a fever has subsided.
- If a child has diarrhea for any reason, s/he is required to stay home. Children must remain diarrhea free for a 12-hour period before being brought back to Kids In Motion.
- If a child has green mucus running from her/his nose, s/he is required to stay home until it has stopped.
- Please inform the Kids In Motion staff of any contagious diseases contracted by your child. (Example: lice, chicken pox, measles, etc.)
- Kids In Motion staff are prohibited from administering any medications.
- Kids In Motion staff will not apply any topical ointments to diaper rashes.
- Parents will be notified if their child becomes ill. The staff will use their best judgment when requesting your child's removal from Kids In Motion. If the staff notifies you, please pick up your child immediately.

Print Parent's Name: \_\_\_\_\_

Print Child's Name: \_\_\_\_\_



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Parent's Signature

Date